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I really connected with the idea of pessimism being an active process rather than a passive action. It takes some deep reflection as well as critical thinking to be a truly pessimistic person. I’ve been a pessimist my whole life and I can testify to the fact that it is a challenge sometimes. It ties into the challenge of life as your own facticity with the world rather than the problems themselves. If you accept your death and that nothing is eternal it becomes easy to transcend the human problems we create during our day to day existence.